INCREASE YOUR NEUROPULSE KNOW HOW

[What Is It and What Does It Mean To Me?]

Your body reacts to nearly everything happening around you through your emotions, observations, thoughts, and activity. Your brain guides the body by regulating your heart and other organs through the **autonomic nervous system**. The two branches of the autonomic nervous system are called the **sympathetic** and the **parasympathetic** nervous system. You may recall from grade school that the sympathetic nervous system controls your **"fight or flight"** response and the parasympathetic nervous system controls your **"rest and digest"** response. These two branches should be fairly **balanced**, but also **very flexible**. For example, if a dog is chasing you it is not the time to worry about resting and digesting the breakfast you just had. Instead, your brain should send signals to your heart to pump blood faster to your arms and legs so that you can either ward off an attack or run away.

[What's Good And What's Bad Anyway?]

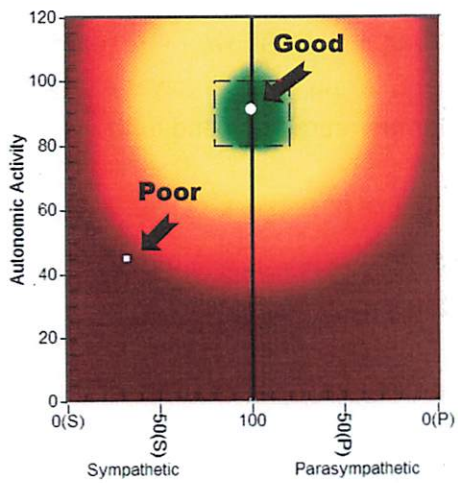
It may be counterintuitive, but a **higher variability to your heart rhythm is actually a good thing**. Like in the previous example, you want your heart to respond quickly to different stimuli or, in other words, you want your heart to be highly variable depending on the circumstances of your environment. A higher variability means that your organs are better able to respond to stress, sickness, or physical activity. On your NEUROPULSE scan, the variability of your heart rate is best or highest when located in the **green region** of the map. You also want to see that your reading is as close to the **middle line black line** as possible. The black line indicates a healthy balance between the sympathetic and parasympathetic systems.

Sympathetic nerves increase the activity of your heart

Parasympathetic nerves slow and relax your heart

A high Heart Rate Variability is a good thing!

80% of ischemic events (heart attacks) are preceded by a significant, often drastic, reduction in parasympathetic activity



Innate Chiropractic HEALING ARTS CENTER

[How Can I Improve My NEUROPULSE Variability?]

Increase or Add:

Chiropractic Care – "Independent research has demonstrated both short-term and long-term changes in heart rate variability following chiropractic care," stated Christopher Kent, D.C., CLA Co-Founder and Director of Research. "This technology has tremendous potential," Kent continued. "We now have a way to look at the rhythms of the nervous system, and the communication between the brain and the heart." Multiple studies including research published by Drs. Knowles have demonstrated improvement of NEUROPULSE with chiropractic.

Use Nutrition to Break the Inflammation Cycle – If you're stuck with consistently low NeuroPulse odds are good that you have some chronic inflammation that's at least partly to blame. Increase your NEUROPULSE through the power of nutrition. First, and most obviously, reduce or eliminate any existing high fat, high sugar junk foods and replace them with healthier ones. We recommend a body defense score test as well as antioxidants, arginine, omega 3's and mitochondrial energy support

Rest – stressful events tax our bodies, throw us out of homeostasis, and bias us towards the sympathetic nervous system. We must rest in order to restore our NEUROPULSE

Exercise Regularly – virtually any exercise temporarily lowers NEUROPULSE as more stress is put on the heart to perform; however, given rest and recovery periods between exercise as well as diligence in continuing your exercise routine your heart strengthens and your NEUROPULSE increases

Loving Relationships/Trust – feeling comfortable around those you spend the most time with reduces stress and boosts your NEUROPULSE

Yoga & Meditation – research shows that any type of yoga and any type of meditation are beneficial

Listen to Calming Music – while calming baroque music has been shown to increase NEUROPULSE over heavy metal, what is really important is whether the music is calming to YOU

Drink Green Tea – green tea has both stimulating and calming properties but overall increases NEUROPULSE. If you hate green tea just supplement with one of its active ingredients, L-theanine

Breathe Deeply and Slowly – the pattern of breath is less important than a long, slow rate

Take a Nature Walk – this obviously reduces stress but plant matter gives off airborne organic compounds that are thought to be responsible for the benefits

Take a Cold Shower – research reveals that this tactic for increasing NEUROPULSE is one of the longest lasting. In fact, taking a cold shower at night will increase your NEUROPULSE until the next morning! Even switching the water temperature back and forth over the course of your shower has benefits

Reduce or Cut Out:

Smoking – smoking reduces the parasympathetic nerve supply to the heart, reducing its ability to return to a relaxed state

Procrastination – procrastination is considered by many to be self-sabotage. The more anxious and unprepared you are for that test, deadline, or presentation, the more its impending arrival will tank your NEUROPULSE. So, plan ahead and remain low-stress before that big deadline.

Excessive Commuting – commuting long distances reduces the amount of time you have to spend with family and friends as well as the amount of time you can spend doing the things you enjoy

Working Long Hours – once again, working long hours means time away from the things and people you enjoy

Excessive Alcohol Consumption – heavy alcohol consumption is a known NEUROPULSE suppressant and impairs your stress tolerance. Research has found that 1 drink/day for women and 2 drinks/day for men can be beneficial, but any more has detrimental and long-lasting effects on NEUROPULSE.